

ONTARIO FOOD AND NUTRITION STRATEGY

Overview - *Theory of Change & Governance Model*

Prepared for: Innoweave

By the Ontario Food and Nutrition Strategy Design Team (Leadership Committee)

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Introduction and Rationale

Ontario's food systems are in crises:

- Poor nutrition and access to healthy food are important risk factors on burden of chronic disease in Ontario; simultaneously farmers and food systems workers unable to make an adequate income.
- Comprehensive food and nutrition strategy needed to address challenges and to develop healthy, diverse and resilient food systems in Ontario that will contribute to an equitable and prosperous economy.
- The **Ontario Food and Nutrition Strategy (OFNS)** provides the framework to improve the wholistic health and well-being of people in Ontario, reduce the financial burden of chronic disease, and strengthen the economic viability and resiliency of our food systems.
 - OFNS works across government, fostering an inter-ministerial and multi-stakeholder coordinated approach to food policy and program development.

Overview

Ontario Food and Nutrition Strategy

Mission

A cross-government, multi-stakeholder coordinated approach to food policy development.

A plan for healthy food and food systems in Ontario.

Goals

1. To promote holistic health and well-being.
2. To reduce the burden of obesity and chronic disease on people in Ontario and the Ontario health care system.
3. To strengthen the Ontario economy and the resiliency of food systems.

Strategic Directions

1. Healthy Food Access

People in Ontario have access to and the means to choose and obtain safe, healthy, local and culturally acceptable food.

2. Food Literacy and Skills

People in Ontario have the information, knowledge, skills, relationships, capacity and environments to support healthy eating and make healthy choices where they live, gather, work, learn and play.

3. Healthy Food Systems

Ontario has diverse, healthy and resilient food systems that promote health and contribute to an equitable and prosperous economy.

Vision

Productive, equitable and sustainable food systems that support the holistic health and wellbeing of all people in Ontario.

Expected Outcomes

- Increased individual, household and community food security
- Healthy, local food is available and accessible in all communities
- Increased food literacy and food skills
- Engaged citizens
- Increased consumption of healthy and local food
- Improved holistic health outcomes
- Increased demand for and production of healthy and local food
- Strengthened economy
- Safe and resilient food systems

Key Requirements

1. Coordinated provincial office and advisory council to address food and nutrition policy and programming
2. Systematic approach to measurement, monitoring and analysis of key indicators
3. Sufficient capacity and resources to support all elements of the Ontario Food and Nutrition Strategy

Prepared by the Ontario Food and Nutrition Design Team, Oct 2014. For more information on the Ontario Food and Nutrition Strategy visit: <http://sustainontario.com/initiatives/ontario-food-and-nutrition-strategy>

Impact and Approach

- Working across the strategic directions of the OFNS [food access, food literacy and food systems] **we will make healthy food the preferred and easiest choice for Ontarians by improving food access and literacy by 10% by 2020**
- Our approach is to:
 - *Engage partners, stakeholders and governments to promote the adoption of OFNS;*
 - *Inform stakeholders and governments using best evidence to inform prioritization and mobilize action in the area of food and nutrition;*
 - *Measure, monitor and analyze traditional and non-traditional indicators for food and nutrition, water, forest and agricultural systems, population health to evaluate prioritized collaborative projects and their impact at the population level; and*
 - *Advise on government priorities across ministries and their impact on food systems*



Ontario Food and Nutrition Strategy

Theory of Change

Impact: Make healthy food the preferred and easiest choice for Ontarians by improving food access and literacy by 10% by 2020

Vision Productive, equitable and sustainable food systems that support the wholistic health and well being of all people in Ontario

Long-Term Change

Healthy Food Access	Food Literacy and Skills	Healthy Food Systems
Increased access to safe, healthy, local and culturally acceptable food	Increased healthy eating knowledge, skills and capacity	Increased supply of & demand for healthy sustainably-produced Ontario food in all markets

Intermediate Impact

<i>Increased individual, household and community food security</i>	<i>Increased access to public information through retailers and food services</i>	<i>Improved economic viability and sustainable livelihoods, expanded workforce, increased protection for farm and food workers</i>
<i>Increased use of healthy, local food by public sector organizations</i>	<i>Increased availability of professional nutrition services</i>	<i>Increased production of healthy and safe food</i>
<i>Increase distribution and promotion of equitably priced, healthy and local food</i>	<i>Enhanced identification, referral and treatment of at-risk populations</i>	<i>Protection and conservation of land, soil, water and forests</i>
<i>Reduced access to high calorie, low nutrient food</i>	<i>Restricted advertisement to children of unhealthy food</i>	<i>Food system excellence and innovation</i>

Outcomes of Activities

Government	Civil Society	Citizens	Food Producers	Natural Assets
Alignment and coordination in policy and programs; health in all policies approach	Unified and informed voice of food system stakeholder in policy and program development	Engaged, informed and empowered by environment that makes healthy food the easiest choice	Encouraged and supported to supply healthy food and maintain sustainable livelihoods	Protection and conservation through healthy and sustainable food production

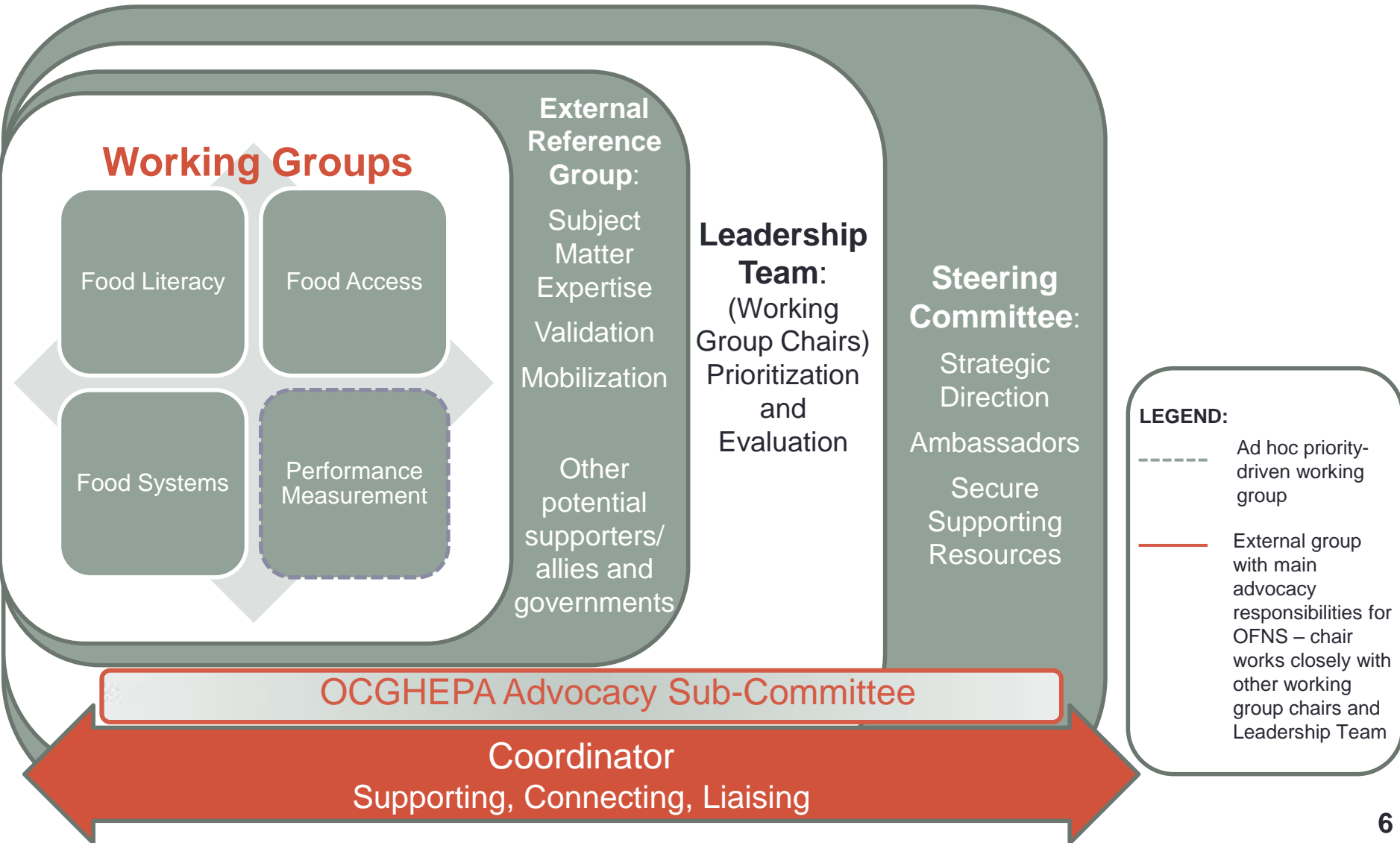
Activities

Convene stakeholders, recruit and support Steering, Leadership & External Reference Committees	Systematic measurement, monitoring and analysis of traditional and non-traditional nutrition indicators: food and nutrition, water, forest and agricultural systems, pop. level health	Provide evidence informed advice to government and promote the importance of a whole government approach	Understand and connect government priorities across ministries and their impact on the food system
Promote adoption of the OFNS	Mobilization, tracking and evaluation of prioritized collaborative projects and their contribution to population level impact.	Analyse and disseminate key measures to stakeholders- to inform prioritization and mobilize action	Identify, prioritize and support opportunities for collaborative action and advocacy

Strategies

Engage	Mobilize & Measure	Inform	Advise
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Governance and Management Structure



OFNS Design Team

- This package has been prepared by the following OFNS Design Team members*:
 - Rebecca Truscott, Cancer Care Ontario
 - Florentina Stancu Soare, Canadian Cancer Society
 - Lynn Roblin, Dietitians of Canada
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 - Sharon Zeiler, Community Member
 - Carolyn Young and Marc LaBerge (seconded) Sustain Ontario
 - Mary O'Brien, formerly of Public Health Ontario
 - Pegeen Walsh, Ontario Public Health Association

- * The OFNS Design Team is made up of a larger group of members from the Ontario Collaborative Group and others representing agriculture, food, health, education and Aboriginal groups – <http://sustainontario.com/work/ofns/who-we-are/>

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